

TAFCE Central Region Newsletter

DECEMBER 2024
VOLUME 7 NO. 8

Holiday Greetings!

Wow, how this year has flown by, and Christmas is only 17 sleeps from today. Are you ready? Hah, me neither.

It has been my pleasure to serve as your President of the Board of Directors for the past two years and I look forward to serving with Myra Fisher as she presents the Stars of FCE in the coming year. Thank you to the board members who made us look good serving alongside of each other.

And to just round up our following the Yellow Brick Road for the past two years, I would like to remind you not to get stuck on that yellow brick road; don't blame others for your circumstances; don't wait for wizards to wave their magic wands and never expect all of your problems to disappear.

This experience has taught me that the power to achieve your goals and overcome challenges lies within yourself, and "there's no place like home," signifies the importance of appreciating what you already have. During this time of the year with all the hustle and bustle of preparing meals, cleaning, decorating, gift giving and all of that, let's take time to thank God for his blessings throughout the year and celebrate the birth of his Son, Jesus Christ, our Savior. May the new year bring many opportunities to serve others in whatever capacity and ability the good Lord gives to each of us.

Merry Christmas and Happy New Year!

Peggy Richmond, President Central Region



TAFCE Mission Statement:



To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.



Have Heart Volunteer

IMPORTANT DATES

- Dec 25
Christmas
- Jan 8, 2025
Central Region
Executive Board
Meeting
- Jan 23
Central Region
Information Day
- Jan 31
Snow Date,
Information Day
- Feb 19
Central Region
Executive Board
Meeting



TAFCE, Central Region

KNOWLEDGE *Heart* COURAGE



Current TAFCE,
Central Region
Membership:

1370 members

36 NAFCE members

2024 TAFCE STATE CONFERENCE

Thank you for joining us in Buchanan, TN for our Annual State Conference!

You were all **shining stars**, remembering **"There's No Place like Home in FCE"**.



42nd Annual TAFCE Conference

of CE in Paris



The Lodge at Paris Landing
Buchanan, TN
November 19, 2024

2025-2026 Presidential Greetings



Hello, **FCE Shining Stars!**

Our theme for 2025 will be **"Everyone is a Star in FCE"**. I am truly humbled and honored to serve as your Central Region President for the next two years and look forward to working closely with the board and each member as we all move into 2025, especially hosting the state conference in Murfreesboro.

I am excited to take this opportunity to share more about myself with you. I am from Smith County, which is where I was born and have lived for my whole life. I was the fourth of eight children. It was very busy around our house and we all had chores to do. My family raised a garden and my mother canned and froze lots of vegetables each summer. She made all our clothes, and I did have several things made from "flour sacks".

I am married to John, with a blended family of four children, two boys and two girls, seven grandchildren and three great grandchildren. I have a special needs sister, Nan, who came to live with John and I after the passing of my parents. She has lived with us since 2006. I retired from the U.S. Small Business Administration after 30 years of service. I did paralegal work there, working with loan closings and litigation.

Enough about me, I am excited to learn more about everyone and hopefully, will be able to remember all your names. I am looking forward to helping FCE grow in membership and making more memories at all our events. I look forward to the next two years and I hope that you will join me in the adventure. My motto this year is, if you didn't have fun, you didn't show up.

Myra Fisher, Incoming President Central Region

50th
ANNIVERSARY

MEMBERSHIP SPOTLIGHT

BUILDING LASTING CLUB MEMBERSHIP

Congratulations to Green Valley FCE Club in Williamson County for celebrating their **50th Anniversary!**

Another congratulations to Joan Cox for being a charter member and also celebrating 50 years as an FCE member!



2025 TAFCE State Conference

Call to
Action

Greetings to all!

I am really looking forward to our 2025 State Conference. This will be a conference that we all can help with. If you have already signed up for a committee please contact me. And if you haven't signed up and have any ideas or simply want to volunteer to help, please contact me as well. We all will **BE A SHINING STAR** next year!

I'm going to try my best to make this a conference to remember.

Contact information:
ReginaMcCathern@yahoo.com
615-473-8332

Central Region invites you to come celebrate the greatest duo around at the 43rd Annual TAFCE



&



Is the team to be on!

TAFCE 43rd Annual Conference
November 9th–12th, 2025
Embassy Suites Murfreesboro

Merry Christmas,

*Regina McCathern,
2025 Central Region Conference Chair*

SHINING STARS IN FCE



The Dibrell FCE in Warren Co TN FCE packed goody bags for the residents of McMinnville Boarding Home this afternoon.

These Christmas goody bags will be delivered tomorrow afternoon with lots of Holiday Cheer



VP for Public Policy

Congratulations to Mary Beth Henley for winning the Agent Appreciation Award for 2024.

I wish to thank everyone for selecting me as the Best of the Best at both the Region and the State levels. I have always enjoyed working with all members across the Region and State. I have learned a lot from them also. Thank you for supporting me in my leadership role as your Vice President of Public Policy. I am through my term, but hope to be back in the future.

My recipe is an easy recipe for a sweet dessert as good as apple pie but a lot less time making it. I use a 11x7 cake pan.

APPLE CRISP

Ingredients:

- 6 tart apples
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3/4 cup sugar

Topping:

- 6 tablespoons butter
- 1/2 cup flour
- 6 tablespoons sugar



Directions:

1. Mix sugar and spices together
 2. Peel, Core and slice apples
 3. Place in layers in uncovered baking dish that has been buttered
 4. Cover each layer with the mixture of spices and sugar
 5. Blend butter, flour, and sugar until crumb consistency
 6. Sprinkle over the top of the apples.
 7. Bake for about 30 minutes at 425 degree oven
- Number of apples will vary depending on size.

Pam Sites, VP for Public Policy



EASY MAKE-AHEAD BREAKFAST CASSEROLE

Ingredients:

- 1 c. fruit cocktail, drained
- 4 cups potatoes, peeled & thinly sliced
- 1 teaspoon olive oil
- 1 pound ground pork sausage
- 3/4 cup chopped yellow onion
- 2 garlic cloves, minced
- 2 cups chopped RED bell peppers
- 1 cup roughly chopped fresh spinach
- 12 large eggs
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2/3 cup milk (of choice)
- 1 cup shredded cheddar cheese



optional garnish: green onion and/or cherry tomatoes

Directions:

1. Grease a 9×13-inch or any 3-4-quart oven-safe dish. Arrange potato slices in an even layer in bottom of pan.
2. Heat olive oil in a large skillet over medium heat. Add sausage and cook to break up large pieces. Add the onion, garlic, peppers, and spinach; cook until everything has slightly softened and sausage is mostly cooked through, about 5-6 minutes.
3. Remove mixture from heat, spread in an even layer on top of potatoes.
4. Whisk the eggs, salt, pepper, milk, and cheese together. Evenly pour over mixture. Add another sprinkle of salt and pepper on top, tomatoes and green onions if desired.
5. Cover casserole with plastic wrap or aluminum foil and refrigerate for at least 30 minutes (up to 24 hours -when ready to bake, allow to sit at room temperature for 15 minutes).
6. Preheat the oven to 375°F. Bake casserole, uncovered, until the top is golden, edges are crisp, and a toothpick inserted in the center comes out clean, about 40-45 minutes.
7. Cool for 10 minutes, then slice and serve.

Half Recipe: You can halve this recipe by halving all the ingredients, using a 9×9-inch square pan, baking 32-36 minutes.



Cooking Tips

- Read the recipe first
- Measure properly
- Get an oven thermometer
- Prep your ingredients
- Use quality ingredients
- Always sift flours
- Use alternative flours and milks
- Use unsalted butter
- Set out butter to soften at room temperature
- Don't rush baking
- Add classical music to soften the atmosphere
- **TASTE your food**



CROCK POT MISSISSIPPI TURKEY BREAST

Perfect for a small gathering, this Crock Pot Mississippi Turkey Breast is cooked low and slow with veggies and amazing juices for the perfect gravy!

Ingredients:

- 6 large carrots (optional)
- 6 stalks celery (optional)
- 1.5 medium onion (optional)
- 9 pound bone-in turkey breast
(make sure you get a breast that is UNSEASONED)
- 1.5 packet turkey gravy mix
- 1.5 packet ranch seasoning
- 12 tablespoons unsalted butter
cut into tablespoons
- 9 pepperoncini peppers



Directions:

1. Peel the carrots and cut them into 1-inch chunks. Cut the celery into 1-inch pieces. Peel the onion and cut it into 4ths through the root. Place the veggies in the bottom of an 8-quart slow cooker.
2. Place the turkey breast on top.
3. Sprinkle the gravy mix then ranch seasoning evenly on top of the turkey. I like to sprinkle a little into the turkey cavity as well.
4. Place the pats of butter evenly on top. Again, I will put a pat or two inside the cavity.
5. Place the pepperoncini on last. Pop one or two into the turkey cavity. Cover and cook on high 3-4 hours or low 7-8 hours, or until an internal temperature reaches at least 165°F in the thickest part of the breast.
6. Optional: Once the turkey starts producing juices, I will occasionally baste the turkey. This is not absolutely necessary though.
7. Optional (to brown the skin): place the oven rack to the lower setting in the oven. Turn the broiler on high. Place the turkey breast in an oven-safe baking dish and place it in the oven. Broil, watching constantly, until your desired color is achieved on the turkey. You may need to turn the turkey around under the broiler to get an even browning.
8. Serve immediately. Don't forget to serve the cooking juices with the turkey as your gravy.

Credit: Brandie @ The Country Cook

Comfort Recipes

5 CUP FRUIT SALAD

Ingredients:

- 1 c. miniature marshmallows
- 1 c. mandarin oranges, drained
- 1 c. whipped topping
- 1 c. pineapple chunks, drained
- 1 c. fruit cocktail, drained



Directions:

1. In a mixing bowl, combine all ingredients.
2. Place in serving dishes, refrigerate until chilled.

CRANBERRY SALAD

Ingredients:

- 1 large or 2 small packages jello (cherry, strawberry, or raspberry)
- 1 (20oz.) can crushed pineapple, drained (reserve juice)
- 1 can mandarin oranges, drained
- 1 can whole berry cranberry sauce
- 1 c. chopped pecans
- 2 apples, peeled and grated
- 1/2 tsp. lemon juice



Directions:

1. Add enough boiling water with reserved pineapple juice to make 2 cups liquid.
2. Pour jello mix into a medium or large bowl. Pour boiling water mixture over jello mix; stir 2 minutes or until jello mix is completely dissolved.
3. Add pineapple, oranges, cranberry sauce, nuts, apples and mix well.
4. Pour into pan or molds and refrigerate until set.

Ann R. Rickard, original recipe credit



Did you get snapped at our last event? Check out the photos below and also our social media to see if you were snapped!



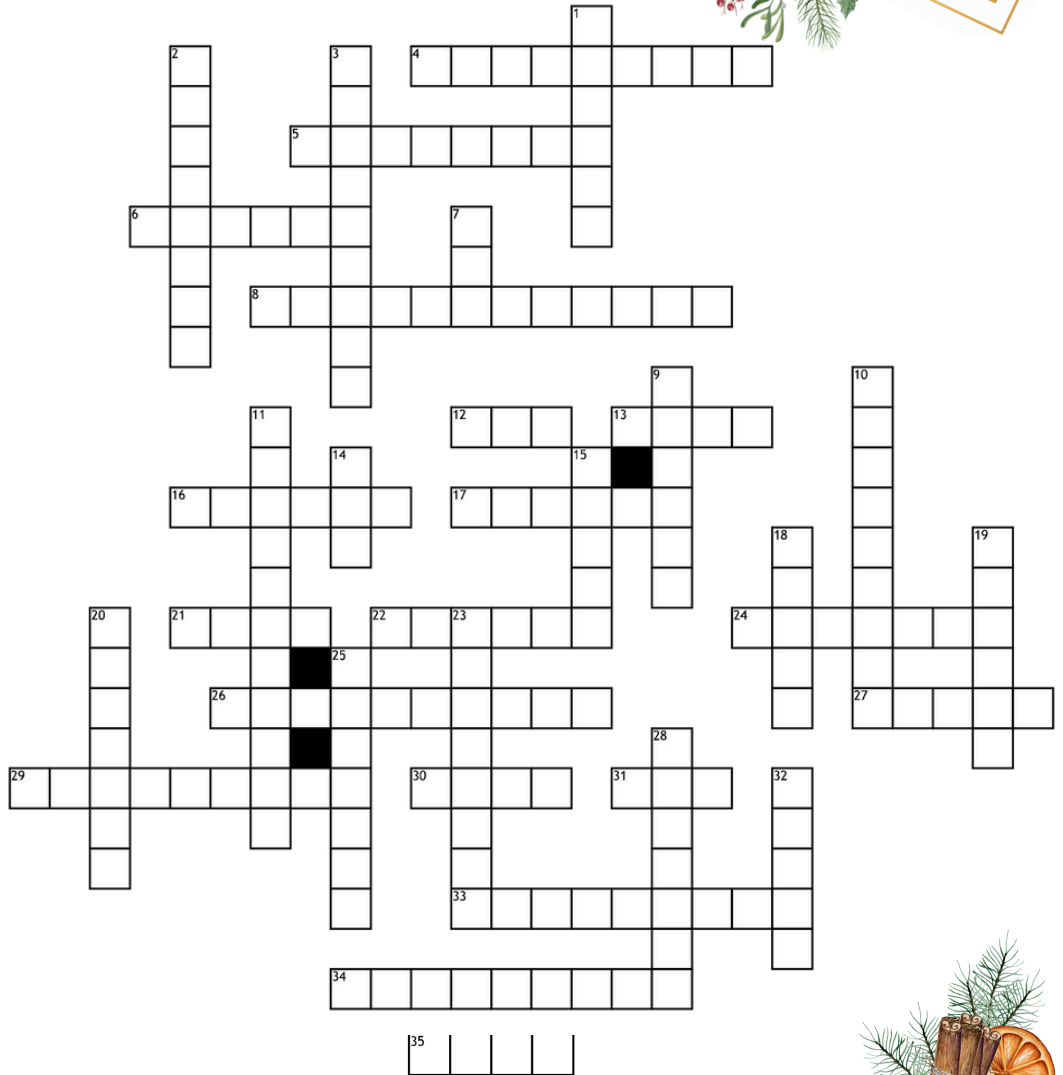


WORD BANK

- | | |
|------------|--------------|
| Wreath | Santa |
| Lights | Gingerbread |
| Mary | Red |
| Tinsel | Kringle |
| Sleigh | Stockings |
| Artificial | Nicholas |
| Manger | Elf |
| Gift | Gold |
| Cookies | Shepherds |
| Christmas | Mouse |
| Chimney | Candycane |
| Cards | Christmaseve |
| Wisemen | Church |
| Carol | Bow |
| Cut | Northpole |
| Ornaments | |
| Coal | |
| Wreath | |
| Carolers | |
| Reindeer | |



KNOWLEDGE *Heart* COURAGE



Across

4. Santa's home and workshop are located where?
5. The animals that travel with Santa
6. Santa's Vehicle
8. The night before Christmas
12. A small person who helps Santa
13. Another word for present
16. Baby Jesus had this for a bed
17. A round object often hung on a door
21. The Mother of Christ.
22. String this to decorate the Christmas tree
24. Kris _____
26. This type of tree may be used year after year
27. _____ Claus

29. Traditional Red & White striped candy
30. One of three gifts the wise men brought to the Christ child
31. A Colourful decoration added to a gift
33. These should be hung by the chimney with care
34. I'm dreaming of a white _____
35. Naughtily children may find a lump of this in their stocking

Down

1. Christmas Eve services are held here
2. People who go door to door singing Christmas songs
3. Angels announced Jesus' birth to _____

7. If you _____ a live Christmas tree, you must throw it out after the holidays
9. These electric decorations are a safe replacement for candles
10. Decorations commonly hung on trees
11. Spicy biscuits often shaped as people
14. The colour of Rudolph's nose
15. A Christmas Song
18. People often mail these to friends
19. A round object often hung on a door
20. A "door" for Santa
23. St. _____
25. They followed a star to find the Christ child
28. A treat commonly left for Sants
32. Not a creature was stirring not even a _____

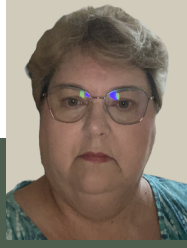




Central Region Board 2023-2024



Peggy Richmond
President
Grundy County



Myra Fisher
President Elect
Smith County



Pam Sites
VP Public Policy
Rutherford County



Patty Priest
VP Programs
Franklin County



Wendy Drumm
Secretary
Smith County



Barbara Brackett
Treasurer
Franklin County



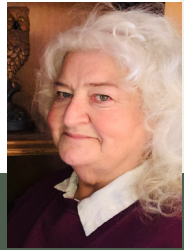
Mary Alice Weber
Cultural Arts
Williamson County



Sarah Sharp
Fashion Review
Wilson County



Kaycee Smith
Leadership Retreat
Cheatham County



Eileen Abbey
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Marshall County



Venus Hoover
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UT Agent Advisor
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UT Agent Advisor
Franklin County



Carla Bush
UT Central Region
Program Leader



Samantha Strong
UT Agent Advisor
Wilson County



THANK YOU

This newsletter is for YOU! Please submit information for county recognition, ideas for spotlight, pictures, etc. Please send info to tafcecr@gmail.com with "fce newsletter" in the subject area.